**NUTRITION AND ITS STAGES** - definitions –

UNDERSTAND THE MEANINGS OF THE WORDS IN PURPLE AND WE WILL HAVE 3 DISCUSSIONS/TASKS POSTED ON THE DISCUSSION PAGE BY SATURDAY 12/6/10  
  
NUTRITION - is the science of food and its relationship to health. It is a vital factor in sustaining health.

HEALTH - is a state of complete physical, mental and social wellbeing and not merely the absence of disease

METABOLISM - physical and chemical changes occurring within the organism. A series of processes and the building of cells and tissues for functioning

INGESTION - intake of food

DIGESTION - prepares food for use in the body

ABSORPTION - transportation of nutrients in the system for use to the point of waste

EXCRETION - occurs through the lungs, kidneys and elementary canal

ANNABOLISM - synthesis from simpler compounds e.g. Protein from amino acids, glucose from glycerol, fats from fatty acids

CATABOLISM - breakdown from complex to simple compounds e.g. fats to fatty acids, glycerol which is oxidation of glucose for energy

NUTRITIONAL STAUS - level of health

SPECIFIC DYNAMIC ACTION - increase in body temperature following the consumption of food

VOLUNTARY ACTIVITY - amount of energy expended though physical activity of the individual

BMR - BASAL METABOLIC RATE - calorie requirement at a complete mental and physical rest, comfortable temperature and clothing, with at least 12 hours since last meal

RDA - recommended daily allowance